

NIAGARA FALLS NATIONAL HERITAGE AREA

Designated by Congress in 2008, the Niagara Falls National Heritage Area is one of 49 National Heritage Areas in the United States. Its mission is to preserve, protect and promote the historic, natural and cultural resources of the region. This guide is designed to provide visitors and residents with information on hiking, cycling and kayaking trails where they can enjoy the remarkable landscape of the National Heritage Area and experience some of Buffalo Niagara Waterkeeper's official tours. For more information about specific hikes and heritage destinations, please visit DiscoverNiagara.org

 CYCLE 32.5 miles	 HIKE 11 miles	 PADDLE 12 miles
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
- **LOWER RIVER CYCLE ROUTE**
START: Lewiston waterfront lot on S. Water
ROUTE: Lower River Road (18F)
END: Fort Niagara State ark

+ Earl W. Brydges Artpark
+ Stella Niagara
+ Joseph Davis State Park
+ Fort Niagara State Park

MILEAGE: To Stella Niagara 3.25, to Fort Niagara 8, Round Trip 16
- **THE ROBERT MOSES BIKE PATH**
START: LaSalle Waterfront Park on Buffalo Ave.
ROUTE: Robert Moses Pkwy Bike Path
END: Prospect Point or Devils Hole State Park

+ Niagara Falls State Park
+ Whirlpool State Park
+ DeVaux Woods State Park
+ Devils Hole State Park

MILEAGE: To Prospect Point 4.35, To Devils Hole State Park 8.25, Round Trip 16.5

 ROBERT MOSES CYCLE	 PARK LAND
 LOWER RIVER CYCLE	 FISHING LOCATION
 KAYAK LAUNCH	 POINT OF INTEREST





Hiking, Paddling, and Cycling all entail potential dangers. Be safe by traveling with a friend, wearing a Personal Flotation Device while paddling, wearing a helmet when cycling and staying on the trail while hiking the Niagara Gorge.





BUFFALO NIAGARA WATERKEEPER

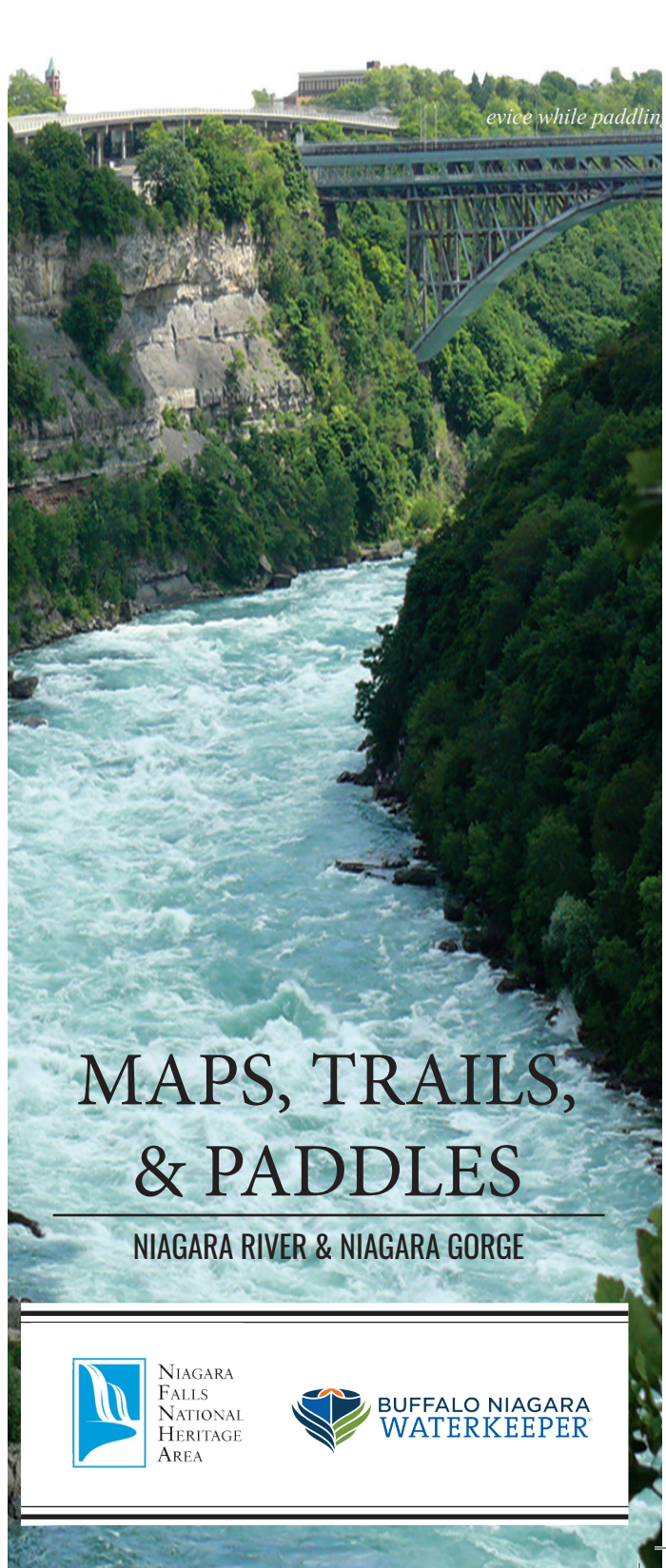


We protect and restore our water and surrounding ecosystems for the benefit of current and future generations.

We **PROTECT** clean water. We **RESTORE** the health of ecosystems. We **CONNECT** people to the water. We **INSPIRE** economic growth and community engagement.



 721 Main St. Buffalo, NY 14203  www.BNWaterkeeper.org

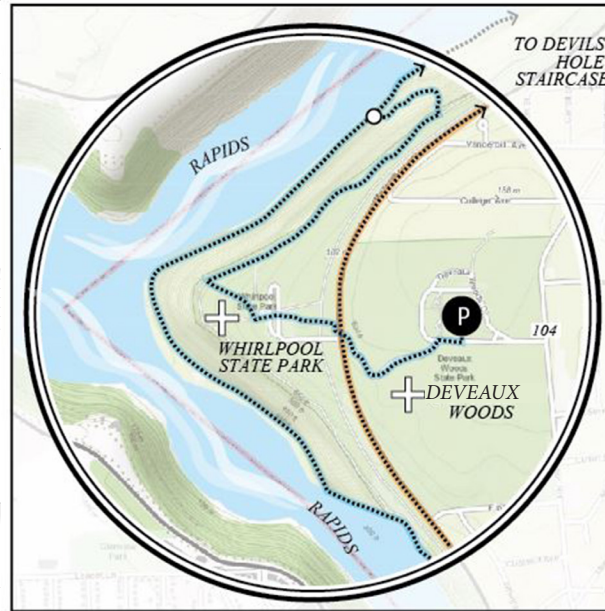
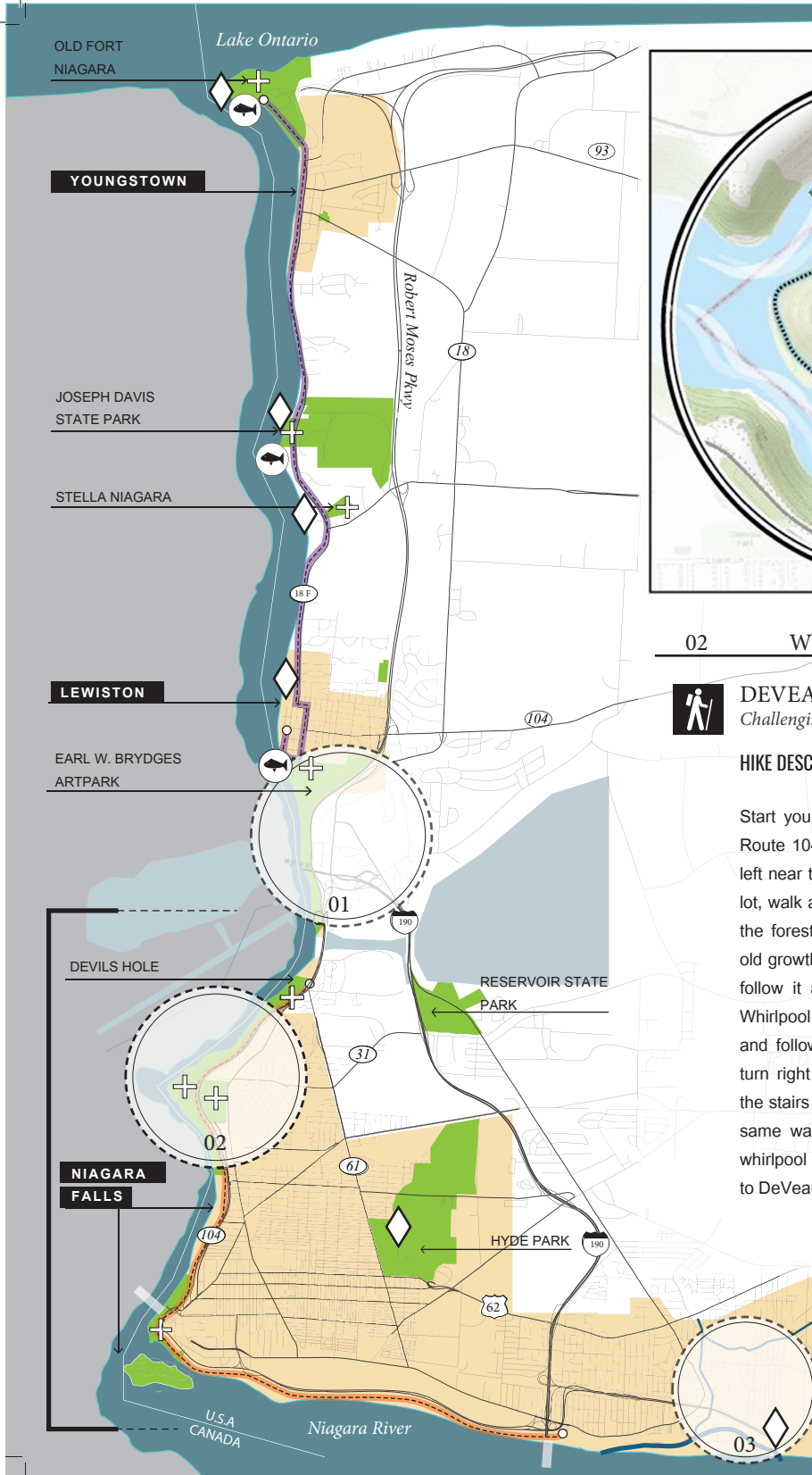
 (716) 852-7483    @BNWaterkeeper



MAPS, TRAILS, & PADDLES

NIAGARA RIVER & NIAGARA GORGE





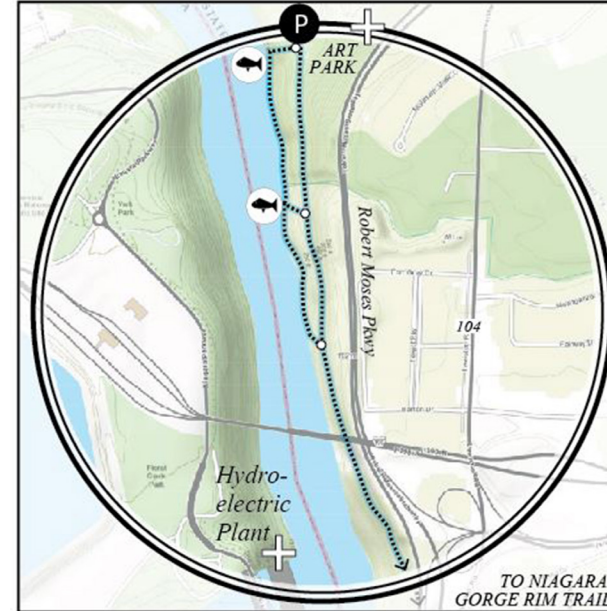
02 WHIRLPOOL STATE PARK



DEVEAUX WOODS TO WHIRLPOOL
Challenging 2.5-3 Hours 3.0 miles

HIKE DESCRIPTION:

Start your hike at DeVeaux Woods State Park on Route 104 in Niagara Falls. Park in the lot on your left near the restroom building. Turning left from the lot, walk along the park road and look for a trail into the forest on your right. Stroll through the ancient old growth Red Oaks. Return to the paved path and follow it across the Niagara Scenic Parkway into Whirlpool State Park. Go through the shelter building and follow the path to the rim trail where you will turn right to access the Whirlpool Stairs. Descend the stairs and turn left on the lower path. Return the same way or keep heading downstream past the whirlpool stairs to the Devils Hole stairs and return to DeVeaux Woods on the Niagara Gorge Rim Trail.



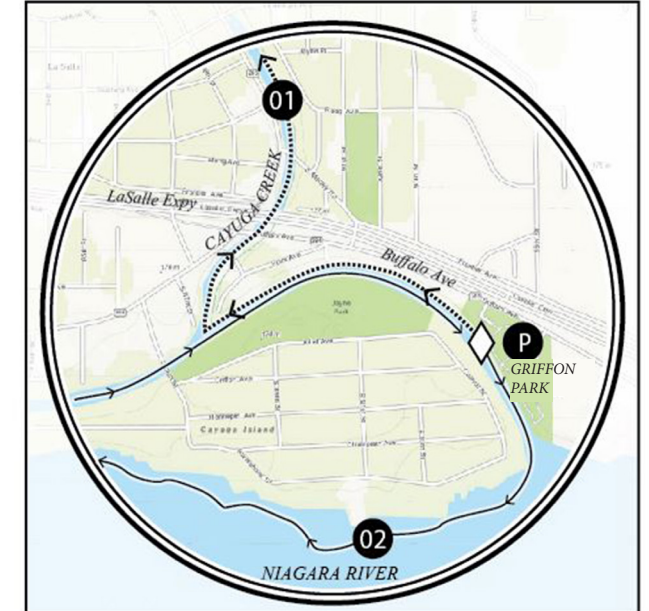
01 EARL W. BRYDGES ARTPARK



ARTPARK TRAILS
Easy to Moderate 2.0 Hours 2.5 miles

HIKE DESCRIPTION:

There are two trails starting from the small gravel upper parking area in Artpark, the Artpark Gorge Trail and the River's Edge Trail. Both trails can be used to make a semi loop. Start on the River's Edge Trail, which starts directly in front of the parking area. There are two separate sets of stairs that can be taken as a side trip to platforms at the water's edge for viewing and fishing. Continue on the trail until it narrows and splits to the left and heads uphill near the Lewiston-Queenston Bridge. When you reach the top of the stairs you have reached the Artpark Gorge Trail. Turn right and continue under the bridge. The trail reaches a grassy, sunny area with a commanding view of the river and the Sir Adam Beck Hydroelectric Plant on the Canadian shore. From here you can continue and connect with the Niagara Gorge Rim Trail or head back the way you came and stay on the Artpark Gorge Trail to return to the parking area.



03 CAYUGA ISLAND



THE LITTLE RIVER & CAYUGA CREEK
Easy to Moderate 2.5-3 Hours 3.0 miles

ROUTE DESCRIPTION:

Launch at Griffon Park, turn right from the launch and paddle past the emergent marsh at Jayne Park on your left. Turn right into the mouth of Cayuga Creek and travel through Lasalle. Turn right to explore Bergholtz Creek or stay straight on Cayuga Creek which is navigable to just beyond Niagara Falls Blvd at normal water levels. Return the way you came.



LOOP OF CAYUGA ISLAND
Intermediate 2 Hours 3.0 miles

ROUTE DESCRIPTION:

Launch from Griffon Park and head upstream on the Little River into the Niagara River. Turn right, head downstream and hug the shoreline of Cayuga Island. To your left the green of Buckhorn Island Nature Preserve is visible across the River. Turn right into the Little River and complete the loop going against the gentle current.